

Kyle's Karate

Kyle's Karate is a children's martial arts program that combines exciting instruction with practical, effective techniques. Teaching kicks, punches, stances and blocks, Kyle's Karate will develop your child's coordination and concentration. Belt promotion ceremonies are included in the cost and each student receives a new Uniform and White Belt on their first day. Your child will learn about Stranger-Danger and how to stop bullies. Discipline and respect are an integral part of this class. All techniques are practiced on safe equipment held by the instructor. Your child will gain confidence in themselves and their ability to succeed while earning merit awards in class. Our end of the year belt test gives them something to work towards throughout the sessions.

Who: Ages 3+

Where: Bethesda Country Day School

When: Mondays: 10:00am – 10:30am

Includes: First Uniforms, Belts, and Belt Test

Program Contact: Kyle Mitcham | (301) 250 3210 | kyleskarate@gmail.com | KylesKarate.com

Winter Session January 6th - March 16th	Spring Session April 6th - June 8th	Belt Test June 8th During regular class times
9 Classes - \$252	9 Classes - \$252	Free

No Classes: 1/20, 2/17, 5/25

Child's Name _____ **Date of Birth** _____

Parent/Guardian _____ **Email** _____

Parent/Guardian _____ **Email** _____

Notes _____

Signature

(acknowledges you understand and agree to the injury release and policies listed below) **Date**

Policies: "This is an auto-enrolling program. Your child will automatically be enrolled for each subsequent session of the school year unless you give notice of cancellation to either BCDS or Kyle's Karate via Email. Email is Kyle's Karate's method of contact and all important updates, changes, and other information will be sent to the email address(es) you provide. Although it is rare, in the event that a class is cancelled due to unforeseen circumstances such as scheduling or a sick day, Kyle's Karate will schedule a makeup time and day with the school and send an email notifying you of the change. In the event of closures due to weather, Kyle's Karate cannot guarantee all cancelled classes can be made up. Makeup days/times only apply to cancelled classes, Kyle's Karate is not able to hold make-up classes for students that were absent."

Injury Release: Participation in sports can be inherently dangerous and it is impossible to ensure the safety of all participating individuals. This program incorporates simple and safe physical activities. Although many risks can be avoided, I understand that not all risks can be and release Kyle's Karate from responsibility for any injury that my child might incur during the course of normal class participation.